

THE TIMES DAILY MAGAZINE PAGE

Standardized Kitchen An Ideal Attainment Possible to Every Home

Inter-relation of Equipment Will Save Labor and Make
Harmonious the Machinery for Woman's Home
Work—Some Practical Suggestions.

By MRS. CHRISTINE FREDERICK

PERHAPS some of my readers have read a story which appeared in a recent magazine about a kitchen which a man undertook to develop and run after a man's ideas. It was a very funny story, but the point—and he was right—was that most of our equipment in the kitchen is unrelated, and that we do not interrelate our tasks. That is, we may have an excellent grater or a beater or a chopper, but they are all made by different concerns of different materials, and work after different principles. Now a man comes along, takes the same grater and beater and chopper and makes them all part of one system, just as he does with the machinery and tools in his factory. He has them all of the same material and operated by the same system of current or beltting.

It is not possible for us yet to approximate man's ideas in the kitchen. Our own kitchens, nevertheless, we can choose our equipment and relate it with more uniformity. How few of us buy utensils of the same material, or of the same shape, or of the same color. A white funnel, a blue saucepan, a gray kettle, and an aluminum double boiler. It would just as well be to purchase all of these pieces in the same

finish, and by their similar appearance relate them, and make our kitchens more harmonious and less "hit-and-miss" in their effect.

Next, it is possible to relate more closely the working surfaces of our table, stove, and kitchen cabinet. Have you ever thought how many times the average woman lifts a pot from the stove to the table, and from the table back again to the stove? The first thing to do is to arrange our equipment on the system idea. We can make the height of the table, stove, and cabinet all the same; then we can even make these surfaces continuous so that the woman can be pushed in either direction over the continuous surface instead of being lifted up and down from one to the other.

The electrically operated apparatus is without doubt the ideal of the future. Here we have one motor which will operate a meat grinder, an ice cream freezer, polish silverware, grind coffee and run the washing machine. This is the way all man's equipment is related, and it must be our ideal also. The more closely we can connect our tools with our work, and different kinds of tools with each other so that they are similar in appearance and in operation, the nearer we will come to have a standardized kitchen.

Match Clothes With Hair

That's Rule Given by French Modiste Who Creates Many
New Gowns for Many Women Who
Are Particular.

By LUCREZIA BORI.

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PRETTY clothes will not make a beautiful woman, but they help some, we must admit.

"She's exquisite," said a New York man famous for his yacht race trophies, and he spoke of a woman who boasts a marvelous array of gowns, but suffers abominable hair. Her face is languid, inert and colorless—in its natural boudoir state. If a mere mixture of silks, laces and furs can give a woman any claims to beauty, I think you and I had better look into the matter. It is not always the woman of poor taste in dress who buys garments that detract from her natural beauty. We are all caught up in the modern modes, and hook ourselves into new dresses that look well on wax figures in show windows. Some of these dresses prove the natural grace of our figures, others are fatal to the preservation of health, and their color does not bring out the best hue in complexion. The modes of this fall are quite the healthiest, most beautifying you have

had the opportunity of wearing for many years. In the first place, your waist line may be as wide as you care to have it, and the corsets are made of such pliable tricot material, and are so constructed that you may expand your lungs to their fullest. No excuse now for neglecting the daily breathing exercises that make your shoulders full and beautiful for you may take deep breaths on the way to the shopping district at home before an open window several times a day.

The New Silhouette.

And the modern ages modes compel you to stand erect once more. Your head must be up, your back straight, and your walk direct, for the modern mode of buttons at the front of your bodice does not conform to the retray silhouette. If you allow your hips to droop, your chest sink, and knees bend. The erect figure will improve your carriage, make breathing easier, and walking a pleasure.

Wide, short skirts—some of them at least four yards at the hem—will revitalize an exercise, and with such a skirt it is possible to put swing and life into each step. Golf, tennis, dancing, skating and other forms of exercise may be more fully indulged in this winter. The tight skirt which bound our ankles is a thing of the past.

Contour of the Neck.

The turning of your head exercise, to improve the contour of the neck, may be done whenever you think of it during the day, for the collar is still soft, and the neck is still pliable.

"Match your hair in the day, your eyes at night." That's a rule given me by a French modiste who creates new gowns for me whenever I am in Paris. The line is a whim of her own, and will not cover every case by any means, yet at times it seems to suit a particular person. She made a tressé last year for a blonde with blue eyes. The street

was designed in tan broadcloth, and there was a charming evening gown in blue chiffon. The bride looked lovely in these costumes than in any other garments of her wardrobe. Her mother, who had brown eyes and dark hair, was not distinguished when she wore a light gray afternoon gown, or a brown dress for dinner the evening.

Try to use intelligence in buying your gowns in any season. You cannot possess a wardrobe of gowns that will suit all parts of your body or feel well if some of them are too tight or too loose. Buy bands, and too great a variety of shades in one gown mark your own natural coloring.

Common Sense in Eating

Writer to The Times Draws Some Inferences
From Temperament and Occupation.

Editor Magazine Page: At present the old hue and cry is raised against eating too much. The matter is taken as a whole and without due consideration of temperament, occupation, or circumstance.

All honor to Mr. Edison, who eats so little! But let us for a few moments deal logically, if not physiologically, with this question. It is a mistake to deal with these vital questions in the abstract.

One who works with his brain needs less food, for the function used draws the blood to it. That is, if the brain worker or he of sedentary habits loads the digestive apparatus, carbon dioxide is produced, and the brain is less active and "foggy." Many a case of chronic indigestion where the digestive organs were depleted in their processes when blood was drawn from them by too early activity of the brain before they completed nature's processes.

Let us also consider that the brain-working millionaire can, with his ability to purchase, at increased cost, procure the most succulent and nutritious food with the least tax upon his system. He must work in the open air or in inconducive places

Smaller Headgear Promised With Taffeta Gowns for Autumn Wear



Sorelli Model of Satin With
Rabbit Ears of Velvet
Earliest to Lure Milady
Into Consideration of Fall
Millinery.

GRADUALLY, but ever so surely, late shoppers are preparing their customers for autumn. The temptation may be the insidious lure of a taffeta hat tucked away unobtrusively in a corner of the show window or a serge walking frock shar-

ing honors with a group of dark taffeta dresses. Within a month the woman who has not purchased her first fall hat will feel slighted indeed.

One early millinery model from Sorelli, of Paris, seems to indicate that the smaller headgear will attain first rank in August popularity. This particular creation is an undyed satin toque trimmed with rabbit-ear bows of black velvet. The shape fits the head rather closely, and it is noticeable that the brim is not very high. The "ears" are fastened at the left side of the front with a dull black buckle.

Advance fashion notices show that taffeta is to be worn as much as ever—welcome news to the admirers of this practical material. A gown embodying several new ideas in the use of it has been imported from the shops of Michel, of Paris. Black, with a medium-wide white stripe is used. The waist is draped on each shoulder, several folds being caught at the left side of the front to simulate a girle.

A gump and sleeves are made of net. Two narrow velvet ribbon bands are tied with bows over the wrists and another band of the velvet holds the collar in place. The skirt is of medium width and has set-in pockets. Two small wedge-shaped bits are cut out of the side of the skirt, and a charming irregularity to the edge of the hem.

Taffeta has become an accepted fabric for children's dresses, and the Fairland shop, of Paris,

New Ideas in Use of Taffeta
Are Expressed by Michel's
Creation—Even Children
Are to Wear Popular
Fabric.

which is devoted solely to the outfitting of children and girls, has used it in a model suitable for a child of ten or twelve years. A black Roman-striped taffeta is employed in this instance. The deep bertha of heavy Valenciennes lace comes to the waist line. A brown sash is drawn through slits at the waist line and ties at the back.

ADVICE TO GIRLS

Dear Annie Laurie—I have been going with a young man for a year. I love him very much and I am sure that my love is returned. My parents like him, but would not approve of him as a son-in-law for me. He is a very good fellow, but his parents are not. He has already told me he would never change for me. I love my parents, but I don't feel that I could go against their wishes, yet my love prompts me to go to him.

There are two questions in balance for you to decide here, as I see the matter. One is your love for the man as judged beside the love for your parents. Is your love for him great enough and all-sufficient enough to stand against the disapproval of your parents?

Next, are you sure that the man is worth your sacrifice, in changing from the religion of your parents to his? Your religious belief? My personal opinion is that each person should adopt the religion that best suits

his own particular faith. What does it matter which? When Christianity stands back of it all?

Try to solve your two problems, Girlie. Remember that what you are seeking is happiness, and choose the one that seems most likely to bring it to you.

Dear Annie Laurie: I am engaged to a young man of twenty-three and I am nineteen. We have been engaged four months and I have his fraternity pin. About a week ago my fiancé went on an excursion down the river. I heard from very good sources that he took another girl and acted very foolishly on the boat. He has never done anything else I could complain of, and has always treated me with the greatest respect.

My uncle, a man of some fifty years, was on the boat with him. He told me that he had seen him act like a bad little boy, anyway. I love him, but don't want to marry a man I can't trust out of my sight. JAC.

Theoretically, I suppose, I should tell you to break your engagement. I'm not going to do that, however. Don't you suppose that fiancé of yours feels guilty enough as it is? He probably thought that he was being terribly wicked in asking another girl to go with him, and then to act "very foolishly." Most men act like bad little boys, anyway. You know the way a mother will tell her son not to go in swimming and then—just because he is a boy and boys have minds of their own—he'll sneak for the swimming hole the minute her back is turned.

Heat Penetrates Dark Colors More Easily Than Light Ones

In an attempt to illustrate graphically the relative values for summer of different colors in dress materials, an interesting experiment was recently conducted, says Popular Mechanics. Four strips of cloth made of the same material and weight, but of different colors, were placed on a cake of ice and exposed to the sun. The fabrics were white, yellow, red, and black. The result showed in a striking way how white reflects the sun's rays, while black absorbs them.

The ice covered by the piece of white cloth was not melted to any appreciable degree during the test; that under the yellow strip was slightly depressed; a deep cut was

Oxygen, the Heat-Maker And Food Consumer, Vital to Animal Life

By DR. LEONARD KEENE HIRSHBERG.

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FRESH air is oxygen as far as animal life is concerned. Without oxygen man would die for the want of breath. Every moment a man is born, yet if there were no oxygen—if the earth were to sweep through some poison belt as novelists have described—all of the oxygen in the earth's atmosphere might disappear with a flash and man with it.

Yes, "with a flash," as you can prove by filling a jar full of oxygen and lighting a match in it. No second match will burn therein, because all the oxygen was combined with the phosphorus and carbon in the match as it burned.

Death is truly a fog in the throat, a mist in the face, because it is the disappearance in one gush or another of oxygen.

Oxygen, strange to say, is the most abundant of the nearly one hundred elements of nature. Something over three-quarters, by weight, of the atmosphere is loose oxygen. Moreover, it enters into the substance of water, of rocks, of ashes, of minerals, of plants, and of animals.

Half of the solid crust of the earth is oxygen, and oxygen is eight-ninths of all water. In both of these, however, it is not loose, but hooked up with elements such as hydrogen, carbon, and others. It is also combined in large amounts in the tissues of plants and animals.

An Oxygen Experiment.

Amateurs who wish to become familiar with oxygen itself, as well as its name, may do so by the use of chlorate of potash. A piece of hollow glass tubing, three feet long, bent like an "L," at each end, but in opposite directions, has one end fitted to a cork and the other end held under an inverted flask or tumbler, which has its mouth well under water in a tank or aquarium. About a teaspoonful each of chlorate of potash—composed of chlorine, oxygen, and potassium—and dioxide of manganese—oxygen and manganese combined—are mixed and put into a test tube into which the cork is inserted. The test tube is heated to the point of combustion.

A medium-sized alcohol flame cau-

iously applied to the end of the test tube, held obliquely, releases the combined oxygen which passes along the tube under water and bubbles into the inverted tumbler to take the place of the water forced out.

When full, a glass slide, slipped under the water and over the mouth of the inverted tumbler, will permit you to remove the glassful of pure oxygen for experimental purposes. The lighted match can now be inserted first successfully and then unsuccessfully after the oxygen has been burned up and left only the impure gases such as carbonic acid gas, present.

How Oxygen Burns.

To be sure, you cannot see oxygen any more than you can see air. It is without taste, odor or color, yet, like air, it can be liquefied under high pressure and in great degrees of cold. A strange fact about oxygen will remind motorists of gasoline. It is in itself not combustible, but supports combustion and thus unites chemically with elements to form oxides, dioxides, peroxides. Rust is oxide of iron. Water is oxide of hydrogen; hydrogen peroxide has twice as much oxygen and the same amount of hydrogen as water. In other words, it is water with two more oxygens.

To the satisfaction of those who like to bleach dark things a sticky yellow. Oxygen in this loose but active state seizes hold of almost any object it touches. Chlorate of potash, permanganate or potash, peroxide of hydrogen, alphonso and other super-oxides oxidize some disease germs to death, and therefore are considered mild disinfectants or antiseptics.

Although tarnished silver and rusted iron are oxidized products, the oxidation of some substances causes light and heat. In these actions the oxygen unites with some other substances and loses its identity as an isolated element. Breathing in breathing in the burning of wood, coal and oils are due to this action between the oxygen in the air and the other thing. Man and some plants are always automatically, when alive and well, at the proper temperature for this, but wood, coal and many other substances usually must be heated to the point of combustion.

Answers To Health Questions

G. H. B.—I have very thin hair. What would you advise?
A.—Massage into the scalp twice a day the following:

Resorcinol..... 10 grains
Balsam of Peru..... 1/4 dram
Sulphur lotion..... 4 drams
Castor oil..... 4 drams
Cocoa butter..... 3 drams

A Reader—What can I do to stop the excessive perspiration of the face?
A.—Apply to the face each night the following:

Glycerine..... 1/2 teaspoonful
Boric acid..... 1/2 teaspoonful
Water..... 1 pint

A Constant Reader—What can be done for a very much enlarged toe joint? When will remove very prominent freckles on one's back?

Strapping the joint tightly, massage, and the use of a small electric battery and exercises moving the tendons of the toe will tend to cure it. The best remedy for freckles is salicylic acid used in the form of a plaster mull. Most so-called freckle cures contain mercury and may cause serious internal trouble, in any case, no matter what is used, freckles usually return, and if the skin peels, it is better to stop the use of all remedies, because more harm will be done than benefit. Use plain boric acid powder twice a day on them.

C. T. A.—I am suffering with an irritation on what appears to be scaling between the toes of my foot; the skin has turned white and itches badly. What shall I do?
Apply the following to the toes each

night: Calamine, 2 1/2 drams; zinc oxide, 2 drams; glycerine, 2 drams; phenol, 1/2 dram; lime-water and rosewater enough to make three ounces.

S. E. D.—A year ago I was operated on for a tumor. Since then I have had bronchial asthma. What do you advise?

Go to the eye, ear, nose, and throat hospital. You should be treated there for your trouble.

M. W.—If you will send a stamped, self-addressed envelope with your query repeated I will be glad to give you information I am able.

T. M. O.—I awake every morning with a very disagreeable taste in my mouth. What would you advise for this? If you will take a tablespoonful of charcoal after meals it will help you, I think.

T. F.—What do you advise for a constant pain in the back?

Try the small electric battery (\$2.50) on your back every four hours. This along with daily exercises will help a great deal. It is also necessary that you keep your bowels active.

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and self-addressed envelope is inclosed. Address all inquiries to Dr. L. K. Hirschberg, care of The Washington Times.

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Finds Remedy For Hay Fever Sneeze

Editor of The Times: For fifty years I have suffered from the distressing malady known as hay fever. I have experienced it in all its phases, from the simple sneezing eye-itching stage to that of asthma and bronchitis, with sometimes a threat of pneumonia. In all those years I never knew a summer when I was entirely free from distress and suffering. Consequently I looked forward to the most beautiful time of the year with fear and apprehension.

This year, however, I found something that has enabled me thus far to escape the usual prolonged visitation of hay fever. It is a remedy, and from what I know of the suffering of my fellow-mortals, I deem it my duty to give the remedy publicly in the hope that it will be as beneficial to others as it has to me.

This is the remedy: Put a heaping teaspoonful of bicarbonate of soda in a tumbler of warm water. Fill the palm of the hand with the liquid and sniff it well up the nose and down the throat. Do this several times, and repeat during the day. Keep it up for a week or more, and the hay fever will be gone. This has been my experience, and it's worth trying.

Hay fever is an irritation of the membrane lining the nose. It is caused by several different things. Some people have it when the roses are in bloom, some at strawberry time. Some who are not affected by the scent of roses are bothered in August by ragweed and golden-rod. The pollen from various plants irritates the nerves of the nose, and a thin, colorless fluid is discharged. This is an acid, and it causes the inside of the nose to be super-sensitive. The nerves running to the eyes become infected, causing itching and swelling. Nerves back of the throat extending as far as the bronchial tubes carry the inflammation, and a case of asthma is well under way.

Now, a substance to counteract an acid is such an alkali, and if snuffed up the nose when the mucus has formed will counteract the effect of the acid. It will dry the membrane and soothe the nerves and there will be no more itching eyes, sneezing, asthma, or bronchitis, because the irritated nerves are soothed.

If the eyes itch and become inflamed, bathe them with water. Make a pad of a handkerchief or a piece of cotton, drop a tiny bit of carbolic acid on the pad, and then, turning this pad inside out, pour hot water on the handkerchief and squeeze it thoroughly so that the diluted acid penetrates the pad. Apply this to the corner of the eye and the counter irritation causes the itching to stop instantly. Don't let the acid burn the tissue and if it burns add more water, for it must just "bite" in a little while all itching will stop and it will not be necessary to doctor the eye.

I am giving my experience in the hope that others may benefit and have done. It may not help them, but I wish at least that they would try it. I should like to hear from those who do, to know if I have done any good. Remember, that it is not a cure, but a relief.

MILLARD F. BINGHAM, Bedford, Md., July 11.